

Rules of the trek

GENERAL INFORMATION

1. Public establishment TrenkTuras (registration code 303386460, www.TrenkTuras.lt, info@trenkturas.lt), further known as **Organiser**, is organising a trek “Neman Loops Trek 2019 with Gjensidige” on 13 July, 2019 in Prienai, Lithuania (hereinafter each referred to as the **Trek**).
2. Goals of the walk:
 - 2.1. to promote long-distance walks, as well as a healthy and active lifestyle;
 - 2.2. to promote ecological, nature-friendly pastimes;
 - 2.3. to introduce society to the nature of Neman loops geographical park, Prienai town, Birštonas town.
3. By registering or participating in the Trek, participants confirm that they agree to abide by the following rules.
4. Person registering other individuals must introduce rules of the trek to every person registered by them and make sure they agree to the rules.

FREQUENTLY USED TERMS

5. **Participant’s passport** – a card which has to be presented to the representatives of the Organiser at each of the rest and assistance stops by all participants of the walk and is consequently marked. Medals and diplomas are handed out to the participants according to the marks in the card. Medals are only received if the whole route has been walked and all of the marks collected in the card.
6. **Control measure** – a measure or a device which helps to identify the participants of the walk in all of the routes and at each of the rest and assistance stops.
7. **Starter pack** – participant’s passport, control measure, informational leaflet with a map, directions and a list of contact phone numbers, other information and tools related to the walk.
8. **Website of event** - www.NemunoKilpomis.lt
9. **Partner** - an enterprise involved in the processes of the event organization. The list of official partners is published on the *website of the event*.
10. **Rest and assistant stop** – a post located every 4-10 kilometres along the route of the walk, where participants:
 - 10.1. must present their participant’s passport and receive a mark;
 - 10.2. can fill up their water or/and tea supplies and take a rest;
 - 10.3. receive other services announced on **website of event**.

ROUTES, PLACE AND TIME OF THE WALK

11. Routes
 - 11.1. 15 km
 - 11.2. 19 km

- 11.3. 26 km
- 11.4. 39 km
- 11.5. 52 km
- 12. Start/Finish location
 - 12.1. [Birštono g. 45, Prienai \(Prienu estrada; GPS: 54.641484, 23.964751\).](#)
- 13. Starting times
 - 1.1. Starting times are announced on the *website of the event*.

PARTICIPANTS

- 14. By signing up, individuals who are under 18 confirm that they have acquired their parents' or guardians' consent concerning their participation in the walk, and/or that they will be looked after by their parents (guardians or trainers) during the course of the walk – the latter will be fully responsible for the safety of underage individuals.
- 15. Children who are under 16 can only participate in the walk along with their parents, guardians or trainers.
- 16. By signing up, a participant confirms that s/he is aware of the fact that participation in the walk is related to great challenges to their physical abilities; a participant also confirms that s/he has had her/his health tested, abides by the requirements of health tests outlined in legal acts of the Republic of Lithuania and is able to provide a certificate of health if asked to do so by the Organisers or other individuals. If suspicions over poor state of health are raised, a participant must cut her/his participation in the walk short and consult a doctor after being asked to do so by the Organisers.
- 17. A participant understands and confirms that the Organisers are not responsible for any harm caused to participant's health or life-threatening dangers and are not obligated to compensate moral or physical damages. All of the risk and responsibility for participant's health problems, injuries and unfortunate accidents experienced during the course of the walk lie with a participant only.

REGISTRATION

- 18. Participants of the walk must sign up and pay a participant's fee on the *website of the event*.
- 19. Registration to the event or separate routes of the trek might be canceled at any point of time before the event due to the limited capacity of the participants available. In case of possible registry closure information will be published on the event website or other communication channels.
- 20. Participant fee is not refundable or exchangeable unless the event is canceled or rescheduled.
- 21. Over the course of the registration, a participant must provide the following information:
 - 21.1. contact information (first name, last name, e-mail address, mobile phone number, town/region);
 - 21.2. date of birth;

- 21.3. team/club/organisation; the names of the latter are not subject to limitations, but they have to be ethical and abide by the rules of the walk (optional field).
22. By completing registration process individuals agree to receive newsletters with all information of the trek to the email address given. After the trek participants can unsubscribe from the newsletters.
23. By completing registration process individuals agree to be contacted by organisers via call or a message on the number given in case of emergency.
24. Participant's fee includes:
 - 24.1. starter pack;
 - 24.2. drinking water and tea at most of the rest and assistant stop;
 - 24.3. snacks;
 - 24.4. medical help in extreme cases;
 - 24.5. diplomas for all participants of the walk;
 - 24.6. medals only for the participants who have finished their chosen route.
25. **Claiming one's starter pack:**
 - 25.1. Participants must claim their starter packs at the starting line before starting;
 - 25.2. If other means of claiming one's starter pack become available, the Organisers will announce them on the *website of the event*.

TEAMS

26. It is not obligatory for participants of the walk to provide a team name during registration.
27. Members of the same team can choose different routes during registration.
28. Participants of the walk who have provided the same team name during registration will participate in a team record;
29. The result of each team is calculated according to the sum of kilometers walked by all members of a team.
30. Three teams with the best results will receive special prizes provided by sponsors.

RULES OF THE WALK

31. Participants of the walk must take care of suitable clothing, comfortable shoes, drinks and food, necessary personal medications by their own means and have it all with them at all times during the walk.
32. A participant of the walk must:
 - 32.1. present her/his participant's passport to the representative of the Organisers at each of the rest and assistant stop and have it marked;
 - 32.2. abide by the rules of the trek;
 - 32.3. safeguard her/his personal belongings during the course of the whole walk;
 - 32.4. in the case of an injury or a health problem, contact medical professionals and inform the Organisers;
 - 32.5. have an ID with her/him at all times during the walk;
 - 32.6. in the case of cutting the walk short, inform the Organisers by phone or in person;

- 32.7. obey official rules and restrictions of the areas in protection by local government;
- 33. A participant of the walk has the right to:
 - 33.1. seek help from the Organisers in the cases of getting lost or struggling to follow the route;
 - 33.2. take a pet with her/him, but only while agreeing to abide by the Lithuanian law and to make sure that the pet does not endanger other participants and passers-by and does not pollute the environment;
 - 33.3. receive a diploma;
 - 33.4. receive a medal in the case of conquering the whole chosen route.
- 34. During the walk, participants are prohibited from:
 - 34.1. using all means of transport, running or swimming in order to conquer at least a part of a route;
 - 34.2. spreading political propaganda;
 - 34.3. expressing national, ethnical, religious, racial or cultural intolerance in any form;
 - 34.4. humiliating and mocking other participants of the walk;
 - 34.5. outraging public decency, breaking traffic laws and other laws and rules operating in the Republic of Lithuania;
 - 34.6. leaving litter in camp territories, leisure spaces, routes of the walk;
 - 34.7. using alcoholic beverages and psychotropic substances;
 - 34.8. smoke in the forest and higher flammability areas;
 - 34.9. lighting fires;
 - 34.10. camp in the areas that are not officially suited for the camping;
 - 34.11. causing harm to objects of nature or cultural heritage, flora and fauna, destroying protective dunes and their fortifications, as well as slopes of the dunes.
 - 34.12. walking on the roadside;

CONCLUDING RULES

- 35. Participants of the walk must read the rules and follow them during registration and the walk itself.
- 36. If they choose to hand their registration over to a different person, participants of the walk are responsible for informing him/her about the rules of the walk, which they themselves read and agreed to abide by during their registration, and making sure that the new participant is familiar with the said rules.
- 37. Organisers have the right to adjust the rules of the walk without prior notice.
- 38. Participants of the walk who have violated the rules must cut their participation in the walk short if asked to do so by the Organisers or other authorised individuals.
- 39. By signing up, every participant of the walk agrees that the Organisers of the walk can use all of the pictures and video material belonging to representatives of the Organisers or participants of the walk for marketing purposes freely and without further consent.
- 40. Ambulance crews will be on duty over the course of the walk. Participants must call 112, a general emergency telephone number, immediately if medical help is needed.

41. The event is non-commercial; a participant's fee is required in order to ensure that event infrastructure is of high quality and that participants of the walk are provided with necessary equipment.